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ABSTRACT

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**THE CORRELATION BETWEEN WORKER'S CHARACTERISTIC WITH FATIGUE IN
MOLDING INJECTION DEPARTMENT OF PT. AST INDONESIA – SEMARANG**

The fatigue is one of the factors which giving bad influence toward workers productivity, fatigue may caused by many factors, such as working environment, body fit condition, nutrition, job characteristic, psychology factors, etc. PT. AST Indonesia Semarang is a company which create Yamaha Electric Drum, Roland piano and Pionner Display Plasma (PDP). Through the early survey, the researcher found 10 list of monthly illness, the 1st top of the list was *cepalgia* (headache) which became a major symptom of fatigue. The purpose of this research is to know the relation between worker's characteristics with fatigue in molding injection department of PT. AST Indonesia Semarang.

This is an explanatory research using cross sectional approach with 33 workers as the sample. The data was collected by interview and using questionnaires, reaction timer to know the fatigue level and statistic analyze with Chi Square test

Based on the research result, known that most of respondent which was men (63.5%), in Productive age (51.5%), new working period (57.6%), abnormal IMT (60.6%), in poor healthy condition (51.5%) with normal rate fatigue level. Based from data analyzed can be classify that there is a correlation between worker's age and fatigue in molding injection department of PT. AST Indonesia Semarang (P value = 0.003 C = 0.456), there is a correlation between worker's sex with fatigue in molding injection department of PT. AST Indonesia Semarang (P value = 0.021 C = 0.372), there is a correlation between worker's nutrition status with fatigue in molding injection department of PT. AST Indonesia Semarang (P value = 0.019 C = 0.379), there is a correlation between worker's body fit condition with fatigue in molding injection department of PT. AST Indonesia Semarang (P value = 0.009 C = 0.415), there is a correlation between worker's working period with fatigue in molding injection department of PT. AST Indonesia Semarang (P value = 0.003 C = 0.459),

It's very recommended that the company giving attention toward worker's health condition, for example; by performing routine medical check-up, performing body fit test when recruits workers and also the consciousness of worker's it self in case concerning their own healthy by composing good meal pattern.

Keywords: fatigue, worker's characteristic
Reference: 31 items, 1985 – 2004.

ABSTRAK

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HUBUNGAN ANTARA KARAKTERISTIK TENAGA KERJA DENGAN KELELAHAN BAGIAN INJECTION MOLDING PT. AST INDONESIA – SEMARANG

Salah satu faktor yang berpengaruh buruk terhadap produktifitas adalah kelelahan dimana hal itu disebabkan oleh banyak faktor seperti lingkungan kerja, kondisi kesehatan, gizi kerja, sifat pekerjaan, faktor psikologis, dll. PT AST Indonesia Semarang bergerak dibidang pembuatan elektronik. Produk yang dihasilkan adalah Speaker Aktif, Yamaha Elektrik Drum, Piano Roland dan Pionner Display Plasma (PDP). Pada survei awal peneliti melihat daftar 10 besar penyakit bulanan diketahui bahwa *Cepalgia* (sakit kepala) merupakan gejala dari kelelahan menjadi peringkat utama. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara karakteristik tenaga kerja dengan kelelahan di bagian injection molding PT. AST Indonesia – Semarang.

Jenis penelitian ini adalah penelitian penjelasan menggunakan pendekatan *cross sectional* dengan sampel 33 orang. Pengumpulan data dilakukan dengan wawancara dengan menggunakan kuesioner dan pengukuran tingkat kelelahan dengan menggunakan alat *reaction timer* dan analisis statistik yang digunakan adalah Uji *Chi Square*.

Dari hasil penelitian diketahui sebagian besar responden berjenis kelamin laki-laki (63,5%), berumur produktif (51,5%), masa kerja baru (57,6%), IMT tidak normal (60,6%), kondisi kesehatan dengan kategori sakit (51,5%) dengan Tingkat kelelahan rata-rata normal. Berdasarkan analisis data diperoleh hasil bahwa ada hubungan antara umur tenaga kerja dan kelelahan di bagian Injection Molding PT. AST Indonesia-Semarang ($p\text{-value} = 0,003$ $C = 0,456$), ada hubungan antara jenis kelamin tenaga kerja dan kelelahan di bagian *Injection Molding* PT. AST Indonesia-Semarang ($p\text{-value} = 0,021$ $C = 0,372$), ada hubungan antara Status Gizi tenaga kerja dan kelelahan di bagian *Injection Molding* PT. AST Indonesia-Semarang ($p\text{-value} = 0,019$ $C = 0,379$), ada hubungan antara Kondisi Kesehatan tenaga kerja dan kelelahan di bagian *Injection Molding* PT. AST Indonesia-Semarang ($p\text{-value} = 0,009$ $C = 0,415$), ada hubungan antara Masa Kerja tenaga kerja dan kelelahan di bagian *Injection Molding* PT. AST Indonesia-Semarang. ($p\text{-value} = 0,003$ $C = 0,459$).

Disarankan agar perusahaan memperhatikan kondisi kesehatan tenaga kerja dengan cara melakukan pemeriksaan berkala dan tes kesehatan pada saat penerimaan Tenaga Kerja baru serta Tenaga Kerja itu sendiri juga ikut memperhatikan kesehatan individu dengan mengatur pola makan.

Kata Kunci : kelelahan, karakteritik Tenaga Kerja

Kepustakaan : 31 buah, 1985-2004